

98 H. ABSTRACT OF THE DISCLOSURE

99 According to the present invention, fat and caloric content of cookies can be reduced by the
100 replacement of a portion fat content normally found in cookies with an equal amount of emulsified
101 liquid shortening composition comprising dietary fiber gel, water and lipid. The result is that fat and
102 caloric content of cookies can be manipulated with minimal effect on taste and texture.
103 Furthermore, these emulsified mixtures, or “emulsified liquid shortening compositions comprising
104 dietary fiber gel, water and lipid”, can further comprise functional foods such as high omega three
105 and omega six oils and pure omega three and omega six fatty acids, medium chain triglyceride, beta
106 carotene, calcium estearate, vitamin E, bioflavonoids, fagopyritrol, polyphenolic antioxidants of
107 vegetable origin, lycopene, luteine and soluble fiber, for example Beta-Glucan derived from yeast,
108 and other soluble fibers derived from grain, flax seed, and other vegetable and fruit fiber sources,
109 and any combination thereof. Hence, in addition to reducing fat and caloric content of cookies,
110 further health benefits can be achieved by replacing a portion of fat with emulsified liquid shortening
111 compositions comprising dietary fiber gel, water and lipid.

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